

All-island combatives tournament wows spectators



STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — More than 150 service members gathered to grapple and strike their way to a medal at the second All-Island Army Combatives Tournament, held at the Fort Shafter Physical Fitness Center, here, March 2-3.

About 500 family members and fans filled the stands and hovered by the mats, yelling support to Oahu's best combatants while they fought simultaneously across three mats.

The numbers of competitors and spectators almost doubled since last year, the tournament's inaugural year. As word of the event got out, more and more people were excited to participate in what is quickly becoming the island's largest combatives tournament.

But combatives isn't just an excuse to go out and punch someone in the face! It has a whole tactical aspect that benefits all service members in road clearing, vehicle extraction, searching a detainee and a variety of other uses.

"People think that combatives is just fighting, but there is also a tactical side to it," said Sgt. Dominique Ramos, Company B, Tripler Army Medical Center, and primary tournament coordinator. "Combatives compliments all of that by making you a well-rounded fighter and a Soldier."

The first day began with each fighter walking into the gym in flip-flops, mat shoes, bare feet or socks, and preparing for a long day of matches. Besides footwear, fighters brought with them a large variety of martial arts disciplines, including judo, wrestling, Brazilian jujitsu and more.

See COMBATIVES A-5

William Smithe (blue belt), 9th MSC, attempts to roll over Jose Barrerio, Co. C, 1st Bn., 21st Inf. Regt., 2nd SBCT, 25th ID, during the final bout of the welter weight class at the second All-Island Army Combatives Tournament, held at the physical fitness center, Fort Shafter, March 2-3. (Photos by Sgt. 1st Class Mary Ferguson, 8th TSC Public Affairs)

(This photo has been altered from its original form; background elements have been enhanced.)

ACAP helps former troops, retirees continue serving

MITCHELL A. LEE
U.S. Army Installation Management Command

If you aren't a Soldier leaving the military or a veteran seeking a career change, please find one and tell him or her my story: The Army Career and Alumni Program works, and I am proof.

ACAP opened the door to my second career.

I retired from the U.S. Army after 22 years in September 2005 and went to work as a Department of the Army civilian the next month. I started with the program a year earlier, which allowed me plenty of time to hone my resume to perfection. Without the support of ACAP during the resume process, I would have been lost.

ACAP also taught me the ins and outs of the



Without the Army Career Alumni Program, I would not have had the opportunity to start a second career after the military.

Army's Civilian Personnel Online website, CPOL. I learned to use the job descriptions on the Army's FASCLASS service, which helped me develop my resume.

The Veterans' Affairs and Department of Labor briefing guided me as I retired and started drawing VA benefits. I got the information I needed to complete my bachelor's degree using the VA Vocational Rehabilitation Program. You have to engage in order to receive something out of it.

Without the Army Career Alumni Program, I would not have had the opportunity to start a second career after the military.

ACAP has been around for more than 20 years in different forms. Today, we need it more than ever.

Unemployment compensation for veterans reached its highest peak in fiscal 2012 — around \$515 million. In the face of rising veteran unemployment, Congress passed and the

president signed the Veterans Opportunity to Work to Hire Heroes (VOW Act). Part of the act requires the Defense Department to prepare all service members departing the military after Nov. 21, 2012, to for a non-stressful entry into the job market.

Through ACAP, the Army was already prepared to meet the VOW Act requirement. The U.S. Army Installation Management Command operates ACAP centers on 64 garrisons around the world in support of this Armywide program.

ACAP has designed a five-day track of comprehensive training to prepare the service member and family for transition. The program takes a strategic approach to comprehensive resume preparation, and job preparation training, interview techniques and other steps toward successful civilian life.

ACAP also organizes hiring events and has taken the lead in getting Soldiers hired into the private sector. The goal is for every departing Soldier to have a job.

But ACAP is more than mandatory VOW Act training. Retiring Soldiers can use ACAP training and placement services up to two years before retirement. Non-retiring Soldiers can start one year before separation. Reserve component Soldiers on active duty for 180 days or more can take part. Non-retiring veterans and non-Army retirees can use ACAP for up to 180 days after separation. Army retirees can use ACAP on a space-available basis for the rest of their lives.

My story is proof ACAP has been there for Soldiers. Today's ACAP does an even better job. Isn't that worth passing along?

(Editor's note: Lee is the ACAP coordinator at IMCOM.)

ACAP Resources

Visit the Schofield ACAP, weekdays, 7:30 a.m.-4 p.m., Bldg. 750, Rm. 136; call 655-1028. Visit Fort Shafter's ACAP, weekdays, 8-4 p.m., Bldg. S330, Rm. 110; call 438-9738.

Visit <https://www.acap.army.mil/acap-centers.aspx.htm> for more details.

2013 AER begins fundraising

Story and photo by
SPC. ARIANA CARY
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The annual Army Emergency Relief fundraiser got its 2013 kick-off during a lunch ceremony, at the Nehelani, here, Feb. 1.

AER is a nonprofit service providing loans to Army personnel and their families in times of financial difficulty.

It's an Army program funded by Soldiers, for Soldiers.

"Throughout the year, every year, we offer our Soldiers an opportunity to donate to worthy causes and charities," said Maj. Gen. Kurt Fuller, commander, 25th Infantry Division. "But, in my experience, there isn't a program in existence that's more worthy of our support



Andy Cohen, deputy director for finance and treasurer for AER in Alexandria, Va., stresses the importance of the fundraiser at the AER kick-off luncheon at the Nehelani, Schofield Barracks, Feb. 1. AER is Soldiers helping Soldiers.

than AER. And that's because every dollar we contribute is used to directly support our Soldiers and their family members."

Mission and garrison commanders, operating within the Army structure, have conducted the AER since it was incorporated on Feb. 5, 1942. It is funded solely by donations.

Soldiers, Reservists and Guardsmen; the U.S. Army Reserve on continuous active duty for more than 30 days and their dependent family members; retirees, widows and widowers; and the orphans of Soldiers who died while on active duty or after retirement are all eligible for an AER loan.

"Seventy two years ago, when AER was founded as the Army started to grow from 200,000 to three and a half 3 ½ million, the problems we hear about today were nothing new," said Andy Cohen, deputy director for finance and treasurer for AER in Alexandria, Va.

"The Army leadership realized that there was no organization, either outside of the Army or within the Army structure, to handle these types of things and to reduce Soldiers' stress, so they can be valuable members of combat units and accomplish their mission," he explained.

During the luncheon, Soldiers shared experiences with AER.

Spc. Ilesha Bronson, human resources, 225th Brigade Support Battalion, 2nd Brigade Combat Team, 25th ID, had such a story.

Bronson said she'd donated to AER in the past, never thinking she would actually need the program herself. Then Bronson and her son had to leave their home due to events beyond her control. She was then responsible for two households, paying the major bills and buying groceries.

One day, her car was broken into and her ATM card was stolen, she said. At this point, without money for gas, food and supplies for her son, she was stressed out.

Bronson went to her chain of command, and it suggested AER. She filled out the appropriate paperwork and discussed payment plans with an AER representative.

"AER relieved days of stress within two hours," Bronson said. "Within two hours, I had a check. Thanks to AER, I was able to quickly get back to performing my duties as a Soldier."

Incorporated on Feb. 5, 1942, AER is a nonprofit funded solely by donations. AER provides emergency funds to assist Soldiers and their families in a financial crisis.

To arms! | A-3

Spouses sample life in the infantry with Cacti Take Arms Day.



Isle of CATs | A-4

Engineers relieve USAF civil team, take up duties on Palau.

Dr. Seuss lives! | B-1

599th Trans cares for keiki on Read Across America Day.

Fit for a prince! | B-3

Oahu celebrates Prince Kuhio Day.





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Police Call

DES emphasizes traffic safety

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

Normally, when we hear that a traffic accident has occurred involving a pedestrian, we naturally assume that the vehicle hit the pedestrian.

As described in the last narrative of this blotter, that is not always the case.

In the second incident, in as many months, a pedestrian failed to clear the crosswalk.

Military Police will strictly enforce traffic at our crosswalks, but I ask that drivers and pedestrians both consciously negotiate the crossing. Be aware of your surroundings, clear the crosswalk, make eye contact with drivers or pedestrians and do not become distracted by others or your cell phone. Additionally, when cars are stopped at a crosswalk, always assume a pedestrian is crossing.

The Blotter

The following are excerpts taken from actual blotter entries from the U.S. Army Garrison-Hawaii area of operations, including Schofield Barracks and Fort Shafter. Subjects are innocent until proven guilty. DES collects and uses these crime and incident statistics to determine patrol distribution within our communities.

Incidents:

•Subject 1: FM/W, F/W/N/25
Abuse of Family Member or Household Member
Simple Assault
Subject 2: SGT, M/W/N/24
Simple Assault - Consummated by a

Battery
Spouse Abuse
Civilian Female Victim

Feb. 12, a domestic disturbance with an assault occurred over marital issues concerning a cellular phone, which turned physical. Subject 1 admitted to the offense, while Subject 2 invoked his rights. Both subjects were further processed and released to Subject 2's unit representative.

•Subject: SPC, M/B/N/21,
Use of Cocaine - Determined by Urinalysis Test (Article #112a, UCMJ)
Wrongful Use of MDMA - Determined by Other than Urinalysis Test (Article #112a, UCMJ)
Wrongful Use of Marijuana - Determined by Other than Urinalysis Test (Article #112a, UCMJ)

Feb. 17, Criminal Investigation Division established probable cause to believe that the subject used cocaine when he tested positive on a unit urinalysis, and he used marijuana in the parking lot of Dave and Busters in December. Investigators also believe the subject committed the offenses of wrongful use of MDMA and wrongful use of cocaine, in December when he snorted cocaine and MDMA.

Subject was interviewed in January, when he admitted to the offenses.

•Subject: Unknown
Report of Incident - Fire



Jackson

Feb. 17, Federal Fire and Army fire personnel responded to a brush fire caused by unknown means in a large gully near Akolea Housing that burned about 13 acres. Helicopter services were used to drop buckets of water on the north side of the fire, Feb. 18. There was no damage to personnel, equipment or buildings, and the fire was contained Feb. 20. An investigation continues.

•Subject: SPC, M/W/N/22
Assault Third Degree
Resisting Arrest
Disorderly Conduct

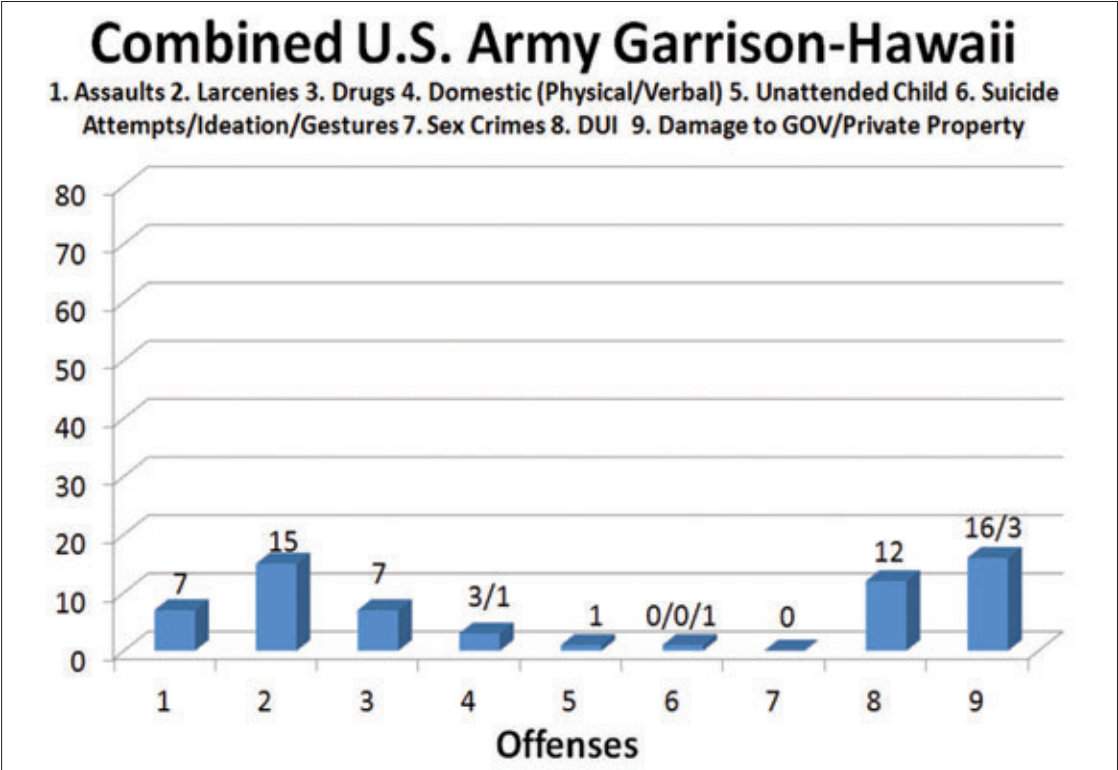
Feb. 24, Honolulu Police responded to a domestic disturbance in front of Nashville's Bar in Honolulu. As the officers attempted to assess the situation, another male interrupted; the subject appeared to be highly intoxicated, became more agitated and began yelling profanities at the HPD officers.

As the subject was about to be arrested, a physical confrontation ensued and then he refused to comply with all verbal commands. He was transported to HPD for processing and later released on a \$1,000 bail.

An investigation by HPD continues.

•Subject: SPC, M/W/N/22
Traffic Accident

Feb. 26, a pedestrian running in the crosswalk to catch up with friends collided with a car traveling eastbound on Trimble Road. The pedestrian was transported to Tripler for further examination and released. MPs on scene indicated that the pedestrian began running in the crosswalk and before he could stop himself, he collided with the vehicle.



Footsteps in FAITH

Let us pitch in and help our friends

CHAPLAIN DONALD W. EUBANK
U.S. Army Garrison-Hawaii

One hot day in the summer of 1939, Herman Trueblood and his son were driving from a day at the beach to his home in Los Angeles, clean and cooled off by a nice swim in the Pacific Ocean.

As they drove into Los Angeles, they saw a man and two younger men trying to push a disabled car on the road. The road had a steady uphill incline. The man and the two younger men were drenched with sweat and clearly near exhaustion.

Trueblood recalls the event and reports the following.



Eubank

"I heard two voices inside my conscience speaking to me. One said, there is an opportunity for service; you ought to help them push. The other voice protested: Now that is none of your business; you will get yourself all hot and dirty. Let them handle their own affair."

Trueblood finally yielded to the first voice. He turned his car around and drove up behind the men pushing the car, jumped out with his son and put their shoulders to the task, helping the other three men push.

The car moved and kept moving for several hundred yards until they reached the crest of the hill.

A simple thing then happened which Trueblood would never forget. The owner of the disabled car introduced himself and his two younger sons. The father reached out his dirty hand and said, "I am very glad that you came

along. You had just enough strength that when added to ours, helped us make it to the crest of the hill. Now we will be able to coast the rest of the way down the hill to the auto repair shop."

Trueblood later became one of the great preachers of the last century. He often reflected on how he was able to help out the stranded father and son.

"There are many people struggling to get some heavy load over the hill, and though you and I do have the ability to carry their load ourselves, we can "pitch in" and help them. Our combined energy may be just enough strength, when added to theirs, to help them over the difficult hurdle they are facing.

I wonder whom you and I could help today get over a hurdle that seems so overwhelming? Perhaps with you and I pitching in, a task that seems impossible will be easily dealt with.

BACK TO BASICS

Trng preps for enemy

SGT. MAJOR GLENN SCOTT CASPARI

94th Army Air and Missile Defense

FORT SHAFTER — The strength of our nation is our Army, the strength of our Army is our Soldiers, the strength of our Soldiers is our families — all of which make us Army Strong.

Throughout my career, I have seen our Army grow and contract, bend and change continuously. The one thing that I could always count on was that things will change.

Change is always uncertain for those of us who must go through it. The more drastic the change, the more uncertain are the outcomes.

In these times of change, as always, the nation turns to her Army when strength is needed, the Army turns to her Soldiers when strength is needed, and Soldiers turn to their families when strength is needed. Those things that are solid will remain.

As our environment changes, the Army will adapt to these changes just as we always have done. The Army is now and has always been an agile, adaptive, flexible force. Flexibility in the face of change has been the hallmark of our units due primarily to the quality of the Soldiers in our formations.

As leaders, we must realize that some things should remain as they have always been, but it is important to examine what is changing and then further ask ourselves questions such as how do we manage the change that we are facing and how do we stabilize the pace of the change?

For the last 10 years, our focus had to be getting boots on the ground and keeping the deploying units filled. To accomplish this, we outsourced as much training as possible, and we depleted our base of qualified trainers.

Those noncommissioned officers who were our resident experts on training moved out to fill slots in deploying units because deploying was the priority. We now have many experts on how to execute the battle, but our experts on how to get Soldiers trained are few. Training is a skill which atrophies if not exercised.

We need master trainers who know how to plan the training, train the trainers, recon the training site, issue the order, rehearse the training, execute the training, evaluate the training, re-train, as necessary, and motivate both the trainers and trainees. Back to the basics with the eight step training model is the most basic concept for an Army.

Mentorship and training for our future leaders about how to train Soldiers is fundamental to the health of our Army and our nation. Senior leaders must remain engaged.

In the 94th Army Air and Missile Defense Command, mentors actively insert themselves in the eight step training model from the first step of planning the training right through to retraining. Taking the time to explain, not only how something has to be accomplished, but why in that manner, and observing the rehearsals and making on-the-spot corrections to improve the quality of the training is so important that it cannot be stressed enough.

(Editor's note: Caspari is the G3 sergeant major at the 94th.)



Caspari

Voices of Ohana

March is National Nutrition Month

"What is your favorite healthy snack?"

Photos by Tripler Army Medical Center Public Affairs



"Greek yogurt and granola; it's like a parfait."

1st Lt. Karla Bell
Inpatient dietitian, TAMC



"beVita biscuits or fruit and nuts."

Michael Davis
Diet health tech supervisor, TAMC



"Hummus and carrots."

Melissa Denton
Inpatient dietitian, TAMC



"Yogurt with fruit and granola."

Katie Rinehart
Health technician, TAMC



"Dehydrated kale chips."

1st Lt. Carolyn Rittermann
Wellness dietitian, TAMC

3BCT’s Bradbury powers-up

Story and photo by
1ST LT. ZACHARY KOHL
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — In America today, we are on the edge of a new era of women in direct combat roles.

Who are the actual people this policy effects? The perfect example is Staff Sgt. Alicia Bradbury, communications expert, 3rd Brigade Combat Team, 25th Infantry Division.

“Great Soldier. She works hard and she likes to take care of Soldiers,” said Master Sgt. Alexander Rosario, senior enlisted leader, 3rd BCT communications.

Bradbury is a study in energy. A smile radiates from her face, and she politely raps her fingers when conversations stray from topic.

Bradbury looks like the picture of female health; she runs about 20 miles a week, something most Soldiers on Schofield only dream of doing.

People like Bradbury don’t just appear overnight; they are grown over a generation.

“When I graduated from high school, my sister was already in Afghanistan,” said Bradbury, who explained how joining the Army just seemed like a natural fit.

Her family background is perhaps the key ingredient in the fuel that powers the machine that is Bradbury.

“That is my drive,” she said.

Growing up in Pennsylvania with her four other siblings, service to the nation was as familiar as apple pie. Almost everyone in her family is in the military.

While her siblings and dad inspire her everyday, perhaps the most energizing force in Bradbury’s life is her daughter, 8-year-old Makenzie.

“I try really hard to be a positive role model for my daughter, to make sure she feels she has no limits. And that is where a lot of my drive comes from, making sure she knows that there are no limits to what she’s capable of doing,” said Bradbury.

In Bradbury’s style of parenting, she does not tell her daughter to go and achieve great things and then hope for the best. Instead, she does great things and she does them with her daughter at her side. For example, recently Bradbury took her daughter on a hike up Mt. Ka’ala, the highest peak on Oahu.

“I want to instill in her that with hard work and practice, you can absolutely do anything that you put your mind to.”

The motivation generated by wanting to be an example for her daughter and to continue her family’s history of military service results in

Bradbury being an enthusiastic Soldier. Additionally, she loves being a noncommissioned officer.

“I love the ability to mentor Soldiers,” said Bradbury “You get to impact their daily decisions and what direction they are going to go.”

Just as she draws power from the relationships in her family life, so she gives back through her relationships with her Soldiers.

While she enjoys the relational aspect of her job, she relishes the physical fitness component.

“I enjoy it,” she said. “It is important that Soldiers be physically active. In order for them to do that, I have to set the example.”

Being challenged physically is an essential part of the Army philosophy. She sets a good example for her Soldiers by excelling at challenges.

Her drive makes Bradbury a high-quality leader. She is powered by the relationships in her life. Adding up her family, her daughter, and her Soldiers, one starts to get a picture of what makes her tick. Understanding what motivates Soldiers like Bradbury is very important, and with today’s issues, it is more important than ever.



MARINE CORPS BASE HAWAII — Staff Sgt. Alicia Bradbury, communications expert, 3rd BCT, 25th ID, competes with other Soldiers from the 3rd BCT in the 19th annual Swamp Romp, here, Feb. 16.



Catharine Pellegrino, wife of Sgt. Christopher Pellegrino with Co. C, 2nd Bn., 35th Inf. Regt., “Cacti,” 3rd BCT, 25th ID, practices her firing stance during “Cacti Take Arms Day,” Feb. 28. (Photo by Sgt. Karenlee Axe, 3rd BCT Public Affairs, 25th ID)

Spouses take up soldiering

**SGT. KARENLEE AXE
AND SPC. WILLIAM JOHNSON**
2nd Battalion, 35th Infantry Regiment
3rd Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — More than 70 spouses from 2nd Battalion, 35th Infantry Regiment, “Cacti”, 3rd Brigade Combat Team, 25th Infantry Division enjoyed spending a day walking in their Soldier’s boots during “Cacti Take Arms Day,” Feb. 28.

Take Arms Day was a fitting event for the unit after Secretary of Defense Leon Panetta made an announcement in late January putting an end to the direct ground combat exclusion rule for female service members, opening up about 237,000 positions to women — 184,000 in combat arms professions, positions that Soldiers felt their wives could take on any day.

The spouses were broken up into groups and took part in three different objectives, conducting exercises their husbands do on a day-to-day basis.

One event was a heavy machine gun range where wives fired the M249 Squad Automatic Weapon and the M240B machine gun.

This experience was a new one for some of the women, but it also came natural to a lot of them, said Staff Sgt. Joey Cordell, squad

leader, 2-35th.

“My wife is a natural born Soldier — send her straight to Ranger School,” said Cordell.

After firing the machine guns, the women convoyed in tactical vehicles to the Phoenix obstacle course. Their athletic skills were put to the test. Although many of them were happy to participate, this objective caught many of them by surprise.

“Look up, so I can see the fear in your eyes,” joked Sgt. 1st Class Joel Babb, Co. D, 2-35th, laughing as his wife performed the rope climb.

The last event was the infamous shoot house. Husbands had a bird’s eye view from along the catwalk as they watched their wives conduct “Battle Drill 6: Entering and Clearing a Room.”

“Some of the wives took to this like a bird to flight,” said Sgt. 1st Class Troy Sherlock. “These women may be in our infantry soon.”

During the closing ceremony, Lt. Col. James Bartholomees, commander, 2-35th, thanked the women for participating in the event, and for supporting their husbands while they serve their nation.

“Events like these strengthen our unit and ohana,” said Bartholomees.

(Editor’s note: Axe and Johnson are unit public affairs representatives for 2-35th.)

AAMDC, MEDCOM conduct joint safety training

Story and photo by
STAFF SGT. JOHN JOHNSON III
94th Army Air and Missile Defense Command
Public Affairs

FORT SHAFTER FLATS — A representative from the Office of the Surgeon General and Headquarters, U.S. Army Medical Command Safety Management Office updated safety officers of the 94th Army Air and Missile Defense Command, the Hawaii Medical Command and the 5th Battlefield Coordination Detachment on the Army’s new safety changes, Feb. 27.

“U.S. Army MEDCOM has adopted the Occupational Safety and Health Administration’s Department of Labor’s Voluntary Protection Program (VPP) criteria as MEDCOM’s safety management system. The Department of the Defense is heading towards all services having some type of safety management system,” LeFevre explained.

LeFevre’s job is to instruct subordinate commands on how to adopt and implement their own operating command model.

Army Surgeon General Lt. Gen. Patricia Horoho supports VPP criteria as the basis for Army-wide safety management system programs.

Once new regulatory guidance comes out from DOD, Armywide, the new system will be the Army Safety Management System.

“What we are doing here at U.S. Army MEDCOM is helping the Army write the new doctrine,” said LeFevre. “The safety management system that the safety officer learns in Germany will be the same as the safety management system that they will learn at Fort Bragg or here in Hawaii. It’s a worldwide effort in efficiencies that cuts down on the bottom line when it comes to costs and funding.”

This program is very important in four major areas, the biggest being management commitment and employee involvement. Other major area are worksite analysis, hazard prevention and control, and safety training.

According to LeFevre, his group teaches safety officers how to get employees in their organizations involved in their commanders’ local programs, where everyone takes ownership of safety.

“Safety is the commander’s program, and this program doesn’t take that away from him,” said LeFevre. “Instead, it takes it to a different level so that everyone says “I am not just concerned about my safety but the safety of the person next to me,”” he said.

Class students here came from different backgrounds within the Army, ranging from hospital workers to missile defense personnel.

“Our goal here at the 94th AAMDC is to make sure that we are doing everything within our



George LeFevre (standing), Medical Command Safety Management System Program and Occupational Health Program manager, instructs safety officers with the 94th AAMDC, Hawaii MEDCOM and 5th BCD on the new coordinated approach to safety management.

power to protect the Soldiers, civilians and contractors,” said Jay Shareef, safety and occupational health manager, 94th AAMDC.

Class participants said they believed that the Army is making the right move towards keeping Soldiers safe.

Sgt. 1st Class Alberto Santos, U.S. Army Health Clinic, Schofield Barracks, explained he believes the class is very important to his unit.

“Because we are accredited by a joint com-

mission, we fall under the same lines of OSHA, and safety plays big role in our organization,” explained Santos.

By attending this training, Soldiers and Army civilians in various safety positions on Oahu should now be able to understand and implement their own safety management system within their individual units.

Class participants will be able to pass their knowledge on to others.

Engineer civic action team relieves Airmen on Palau Island



1st Lt. Danielle Monroe, 643rd Eng. Co., 8th TSC, participates in the CAT turnover ceremony, Feb 15. (Photo courtesy 84th Eng. Bn., 8th TSC)

Story and photo by
1ST LT. DANIELLE MONROE
84th Engineer Battalion,
130th Engineer Brigade,
8th Theater Sustainment Command

PALAU ISLAND, — A team of 13 from the 523rd Engineer Company, 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, is continuing the success of the inter-service rotational civic action team on Palau, an island in the western Pacific Ocean and part of the larger island group of Micronesia.

The team is tasked with providing construction support, grassroots events and civic health engagements in order to foster goodwill and collaboration between the two nations.

“Working with the Air Force over the past two weeks has been infec-

tious,” said Sgt. Loren Pino, referring to the CAT his unit replaced. “Our Soldiers are more motivated than ever to start the projects and interact with the community.”

As the ceremony concluded and Air Force personnel prepared to head home for some well-deserved time with their families, the “Never Daunted” Soldiers began preparing for the work ahead. Over the next six months, the unit will be tremendously busy ensuring its legacy is akin to that of the Air Force team.

The 523rd Eng. team will begin work on a pre-engineered building for the Ngardmau Fire and Police Station, and working to repair Aimeliek Road, which shows heavy signs of wear from traffic and weather.

“For me, it’s pretty awesome to

know that the work I’m doing will directly benefit the people of Palau,” said Staff Sgt. Justin Vegafria, project supervisor for the fire and police station project. “It’s an honor to be able to use my knowledge and my skill set to train apprentices and help out other civil servants.”

With the strategic pivot towards the Pacific, missions like CATs are more important than ever. The relationships made, and the goodwill extended between the people of Palau and the CAT, are remarkable.

“The feel of this island reminds me of home,” said Sgt. 1st Class Benoit Fregiste, senior enlisted leader for the mission, and a native of the Virgin Islands. “I’m honored to be a part of something with such a direct impact to the local community and a community I can so easily

relate to.”

The outgoing CAT team, led by Air Force Capt. Matthew Adams, left an indelible impact on the Palauan people. In its six-month rotation, his team completed three large-scale community projects, 14 technical assists, 55 community relations events; trained 15 and graduated four apprentices; and provided aid to more than 1,100 patients.

The team’s professionalism and dedication extended into the changeover process as well, by making sure its Army brothers-in-arms transition smoothly into their role.

The enthusiasm of the CAT is noticeable around Camp Katuu, the team’s home during this mission. As the 523rd prepares for multiple projects, it will continue the success of the Air Force team.



Randal Kumagai (left), 8th STB, 8th TSC, gets in a solid base in preparation for his opponent, Michael Chavez, during the first round of the Welter Weight Class at the second annual All-Island Army Combatives Tournament.

Combatives: Tournament sees intense battles matched

CONTINUED FROM A-1

Some fighters jumped around to get their heart rate up, some rolled around on the warm-up mats, and others sat quietly waiting for their turn. No striking was permitted on the first day, so grappling and submissions were key to success for most fighters.

There was also an exhibition by B. J. Penn, Hawaiian native and Ultimate Fighting Champion.

The following day, the intensity level ramped up tenfold. The mats were reduced to one so that all eyes and focus were on the finalist of each of the eight weight classes. Fighters received chin, knee, shin and arm guards so that they could open hand strike their opponents, as well as employ their submission and grappling techniques.

In the end, with a broken bone or two, one fighter from each weight class raised arms high in victory. Each received a medal, gear from the event’s sponsors and an individual winning wall bracket.

“It takes a lot of resources to run a tournament like this, a lot of manpower,” said Sgt. Maj. Jonathan Napier, 8th Special Troops Battalion, 8th Theater Sustainment Command, and senior noncommissioned officer at the event, who provided the logistics to run the event. “We at the 8th STB were more than happy to provide personnel, equipment and anything else we could to help out.”

Ramos agreed that without the help of Napier and the 8th STB, the tournament wouldn’t have been successful.

“I couldn’t have done this without Sgt. Maj. Napier and the 8th,” she said. “It still involved a lot of door-knocking and a lot of behind-the-scenes work that a lot of people don’t get to see.”

The future of this tournament looks bright, said both Napier and Ramos. As long as fighters seem interested in it, Ramos and the 8th STB will find a way to make it happen.

“It took us a lot of work, but when you have an end result like this, it’s all worth it,” Ramos said. “I would do it a thousand times over.”



Constance Nichols , TAMC, who placed second finisher in the Bantam Weight Class, cheers her teammate on.

2SBCT hosts BH Month

STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team
Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — The 2nd Stryker Brigade Combat Team hosted a Black History Month celebration at the Tropics, here, Feb. 26.

The 2013 theme was “Proud of who we are, where we come from, and those who came before us.”

The guest speaker was Chaplain (Lt. Col.) Eric Jackson, 25th Combat Aviation Brigade, rear detachment. His message was one of motivation and progress, while not forgetting those who came before.

“It is important to recognize what our forefathers have done,” said event lead planner Capt. Adeniran Dairo, supply, 2nd SBCT. “I am an African-American. It is good to look back and think about what those who came before have done, what they’ve passed through, and take a cue from that as an inspiration and motivation to do better. They have set a standard, and we have to meet that standard and move forward.”

Dairo added that he thinks African-Americans still have a lot of ground to cover.

“Today’s message is to motivate ourselves,” he said. “We shouldn’t be complacent. Rather, we should keep moving forward, getting things done — as we say in the Army, improving your foxhole. There are still things African-Americans need to do and improve.”

Command Sgt. Maj. Michael Crosby, senior enlisted leader, 2nd SBCT, recognized some of the contributions African-Americans have made to the Army and the 25th Infantry Division. He also believes ethnic observances like this are important.

“Personally, it gives me the opportunity to reflect back on some of the reasons why I set goals and made certain decisions,” said Crosby.

“For the brigade, it shows Soldiers, families and leaders that it’s important to recognize ... historical events and show that the leadership is actually concerned about these major events that have occurred, and set positive conditions for previous, current and even future Soldiers,” he added.

“It was a great day to take out an hour or two and reflect back. That’s the most important thing,” Crosby added.

“The more that you **READ**
the more things you will **KNOW**.”



—Dr. Seuss, “I Can Read With My Eyes Shut!”

The more that you **LEARN**,
the more places you’ll **GO**.”

(Photos have been altered from their original form to create a collage.)

Soldiers spark children’s interest in books, reading

Story and photo by
SGT. ARIANA CARY

25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — The room instantly grew silent as all eyes turned to the Soldier walking in.

Approximately 20 children stared up from the floor, where they were sitting and waiting eagerly.

“Hello, and thank you so much for coming,” the teacher said, with a smile, as she moved forward to shake the Soldier’s hand.

The Soldier then took her place in the small plastic chair in front of the children and introduced herself as Pfc. Jessica Munivong, a signal systems support specialist with Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Division, before delving into the two books she had personally selected to read to the class.

Munivong and other Soldiers with HHBN, 25th ID, visited students at Hale Kula Elementary School, here, March 1, as part of the Read Across America program in which Soldiers volunteer to read to children in their classrooms.

“This program is priceless,” said Janet Huszar, a librarian assistant with the Hale Kula school library for 20 years.

“I think it’s really good for the Soldiers as much as it is for the kids,” Huszar added. “A lot of (the Soldiers) don’t have children; they’re really young. And when you’re away from home, like they are, it’s nice to kind of feel like you’re part of a family, even if it’s just for a day.”

Huszar recalled one year when a Soldier picked out his books from the library and took them home to practice reading out loud. He called his mother, a librarian, to tell her about what he had volunteered to do.

She was so proud of him, said Huszar, and she had him read the books to her over the phone several times and then gave her son tips on how to make his storytelling more interesting and meaningful.

“He came in the day the Soldiers were to read to the kids and told me about practicing with his mother,” said Huszar. “She gave him advice on when to raise his voice or speak quietly. She taught him to read with expression. It turned into a bonding experience with this Soldier and his mom.”

Sometimes parents who volunteer for the program are able to read to their child’s class. At first the kids are embarrassed,

said Huszar, but they also get excited and proud that their parent is reading to their class.

“I really enjoyed coming out to read to them,” said Sgt. Crystal Salazar, a team leader with HSC, HHBN, 25th ID. “I actually got to read to both of the classes my kids are in. All the kids already knew who I was, and I was welcomed with open arms.”

Salazar read to her children’s kindergarten and first-grade classes. After she finished reading, her daughter had had so much fun, she asked her mom if they could get the books for home.



Staff Sgt. Aaron Cabildo, a tuba player with the 25th ID Band, HHBN, 25th ID, reads to a kindergarten class during Reading Across America at Hale Kula Elementary School, March 1.

“My kids loved it,” Salazar said. “They want me to read the books again for bedtime.”

The Read Across America program allows children to see that adults love reading.

It also encourages them to love reading, Huszar said.

“Reading opens up their world,” she said.

Read Across America is one way the Army interacts with our nation’s future, our children, by helping them interact with Soldiers. The program is just one way that the Army is committed to the community and local populace.

599th Trans. makes reading fun for Wheeler students

Story and photo by
DONNA KLAPAKIS

599th Transportation Surface Brigade Public Affairs

WHEELER ARMY AIRFIELD — Ten Soldiers and civilians from the 599th Transportation Surface Brigade got in touch with their “inner child” for half an hour March 1 when they volunteered to read to students at Wheeler Elementary School, here, for Read Across America Day.

The annual event is held on the school day closest to the birthday of Theodor Geisel, better known as Dr. Seuss, a film-

maker, writer and illustrator of children’s books who was born March 2, 1904. Among his most famous books are “The Cat in the Hat” and “How the Grinch Stole Christmas.”

“These events are so important,” said Troy Tamura, Wheeler Elementary principal. “Read Across America Day provides students a chance to learn that reading is also for fun and enjoyment, instead of just academics.”

This year was the second Charity Wampler, information technology specialist, 599th TSB, has participated in the event.

“I am convinced that we get more out of it than the children do when we volunteer at the school to help out the students,” Wampler said. “We learn more from them than they do from us. Seeing their eyes light up as they learn a new word or are entertained by an interesting turn of phrase is a blessing.”

“This is like reading to my own kids,” said Clayton Maciorowski, IT specialist, 599th TSB. “When we get a chance to volunteer and reach out to the community, we have to make the most of it.”

“Our brand here is ‘One Team – One Mission,’” Tamura added. “It’s important to the children to understand that the team is not only the students and the teachers, but also the parents and the other members of the community. Our community on Wheeler is the Soldiers and the units.”

Sgt. 1st Class Emilio Calzada, first sergeant, 599th TSB, said he hopes 599th employees can volunteer for Read Across America Day every year.

“We’re able to give back to the community by volunteering to



Sgt. 1st Class Joanene Lassiter, noncommissioned officer in charge of personnel, 599th TSB, reads to a class of Wheeler Elementary School third-graders during Read Across America Day, March 1.

read to the students,” Calzada said. “When we can help the kids and have fun at the same time, that makes this a perfect effort.”

Or, as Geisel in the guise of Dr. Seuss wrote, “Unless someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

Read Across America

The National Education Association established Read Across America Day in 1998 to motivate every child in every community to celebrate reading.

The annual event is celebrated March 2 in honor of beloved children’s author Dr. Seuss.

As part of Read Across America Day, participating schools traditionally invite volunteers, celebrities and community leaders to read to children.

Also, NEA’s Read Across America provides NEA members, parents, caregivers and children the resources and activities they need to keep reading, 365 days a year.

For more information about Read Across America, visit:

•www.nea.org/grants/886.htm; and

•www.readacrossamerica.org.





Briefs

Today

Employment Orientation — Kick start your job search in Hawaii with information on federal, state, private sector and staffing agencies, 9-10:30 a.m., March 8, at the ACS building, SB. Call 655-4227.

Easter Brunch — Make your reservations early for this annual tradition. Hourly seatings available from 9 a.m.-2 p.m., March 31, at the Nehe-lani, SB, and Hale Ikena, FS.

Military discounts for brunch are 10 percent for all active duty, 20 percent for E-1 through E-5. Call 655-4466 (SB) or 438-1974 (FS).

9 / Saturday

New Dad Boot Camp — This interactive workshop offers hands-on training for new dads, 9 a.m.-noon, March 9, in the ACS Training Center, Bldg. 647, SB. Call 655-0608.

11 / Monday

Stress Management — Discover how stress can impact your life and develop tools to help maintain peace-of-mind through life’s ups and downs, 9:30-11 a.m., March 11, in the ACS Training Center, Bldg. 647, SB. Call 655-4227 to register.

12 / Tuesday

8 Ball Pool Tournament — Join this popular weekly competition, starting at 6 p.m., Tuesdays, at Trop-ics Warrior Zone, SB. Best 2 out of 3 plays for the champion title on the last Tuesday of the month. Free to play. Call 655-5698.

13 / Wednesday

Financial Readiness Forum — Learn strategies for smart saving and investing, key elements of successful financial planning, ways to manage debt and increase your credit score, considerations for retirement and transition, and how to avoid scams and other problems at this free finan-cial readiness forum, 9:30-11:30 a.m., March 13, at ACS, Bldg. 2091, SB. Presented by FINRA Investor Edu-cation Foundation, the event is open to all armed services, including Re-serves, National Guard, retirees, DOD/DHS civilian employees and their spouses. Seating is limited. Call 655-4227 for reservations.

BOSS Meetings — Single Sol-diers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

ERP offers federal résumé class

Story and photo by
STAFF SGT. AMBER ROBINSON
U.S. Army Pacific Public Affairs

FORT SHAFTER — In today’s ever-changing and competitive workforce, it is important to be prepared when applying for a new job.

A strong résumé is the foundation to that application process, especially when applying for a federal job position.



Jeanne Sablan, who works with ACS’s ERP, speaks to students about the ins and outs of applying for a federal job position as part of the two-day course “10 Steps to a Federal Résumé Writing Seminar,” held at Fort Shafter, recently.

The course is held on a monthly basis at both Fort Shafter and Schofield Barracks.

For the last six years, members of Army Community Service’s Employment Readiness Program (ERP) have helped Soldiers, spouses, retirees and qualified civilians with a monthly two-day block of instruction, called “10 Steps to a Federal Résumé Writing Seminar.” The course focuses on what an individual will need to apply successfully for a federal position, which differs from the application process of an average civilian job. “Prior to their attendance in our class, they had little to no knowledge on the federal government hiring process,” said Jeanne Sablan, an instructor for the semi-nar. “The key issue that military spouses and civilians face as they try to enter the federal workforce is the lack of understanding of the federal process. It is the ERP’s hope that through this two-day seminar, we can en-hance their knowledge.”

The seminar breaks the application process down into 10 steps, which include networking, identifying core competencies and interviewing practices.

As part of this 10-step process, class members are encouraged to develop confidence and self-awareness. “You may be shy, but you are going to want to learn to communicate effectively if you want to get ahead of your job competitors,” said Sablan. “You not only must communicate when you network, but you have to com-municate to your potential employers why you are the best person for the job.”

Sablan also equipped class participants with federal job-focused websites and search engines to help facili-tate their job search.

“After I came to this class, I realized why I wasn’t having any success finding a job,” said Marilyn Rodgers, who recently completed the course. “I didn’t have a federal résumé, and I didn’t know what all was out there. I went on usajobs.org, a search engine for federal jobs, and that helped me to see what I could try to work towards.”

All participants expressed similar sentiments about the relevance of the course material.

Amanda Cramer, an Army Reservist who recently re-turned from Afghanistan, was especially appreciative of the course.

“I didn’t know how to properly display my spousal and veteran’s preference,” said Cramer. “I may have passed up an opportunity because I just didn’t know.”

According to Sablan, combat veterans and military spouses are given hiring preference for a federal posi-tion, but this information must be displayed up front on the résumé in a specific place.

“Retirees are entitled to the Army Career Alumni Program services for a lifetime,” Sablan added. “The Department of Labor is also a great source for Soldiers, families and retirees.”

Sablan and her staff encourage Soldiers, transition-ing Soldiers and retirees to take advantage of all ser-vices provided.

“Military spouses should use the services of ACS and the ERP as an avenue to stay connected to employers, educators, and gain knowledge on the services and trends available to them,” said Sablan. “I would highly encourage them to utilize our services.”

Résumé writing seminars

The Employment Readiness Program’s “10 Steps to a Federal Résumé Writing Seminar” is held on a monthly basis and rotated between both Schofield Barracks and Fort Shafter.

This month’s classes will be held from 9-11 a.m., March 14-15, at the Schofield Army Community Service, Bldg. 2091, Kolekole Avenue.

The course is free-of-charge and open to anyone who wishes to attend.

Contact the ACS offices on Schofield (655-4227) or Fort Shafter (438-4227) for more information on these services and more.

15 / Friday

Army Hawaii Indoor Soccer Tournament — Entry deadline is March 15; tournament runs April 1-30, Martine PFC. Call 655-0856 for applications.

St. Paddy’s Day Foam Party!

— Whoever said bubbles were just for kids? Bring a friend to this St. Patrick’s-themed foam party, 9 p.m., March 15, at Tropics Warrior Zone, SB. No cover; adults age 18 and older only. Beach wear suggested. Call 655-5698.

memorable one, 2-3:30 p.m., March 13, at the FS Aloha Center. Call 655-1866 or 655-0669.

Preschool Story Time — Take your toddlers to story time, Wednes-days, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

Easter Egg Painting — Paint Easter eggs throughout the month of March, 10 a.m.-3 p.m., Wednesday-Saturday, SB Arts and Crafts Center. Call 655-4202.

programs. Call 655-1130.
•North meetings, 3 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.
•South meetings, 10 a.m., every 2nd and 4th Wednesday, AMR Chapel.

Parenting With Aloha — Join this interactive workshop and learn the ins and outs of being an Army parent in Hawaii, including home-alone policies, tips for actively engag-ing children of all ages and resources for making your Hawaii assignment a

Makahiki Challenge — Test your physical and mental toughness over hills, rough terrain, mud pits and more in this 5K obstacle/mud run, 9 a.m., March 9, at Kualoa Ranch. Open to everyone age 15 and older; limited space is available. Visit www.makahikichallenge.com.

Canoe Festival — Learn about the his-toric and ancient tradi-tions of canoeing, dat-ing back to the Poynle-sian voyaging era, at Kualoa Regional Park’s fourth annual Kualoa/ Hakipuu Canoe Festival, 10 a.m.-3 p.m., March 9, at the park, 49-479 Kamehameha Hwy., with on-site paddle making, educational booths, rides in a sailing canoe and double-hull canoe and more. Call 237-8525.

Pinewood Derby — Cub Scout Pack 113 races its handcrafted vehi-cles during the exciting Pinewood Derby race, 11 a.m.-3 p.m., March 9, at Windward Mall Center Court. Cub Scouts registration also will be held.

10 / Sunday

Black History Month — The Ac-tors Group (TAG) presents Pulitzer

Prize-winning playwright August Wilson’s “King Hedley II” weekends, 2 and 7:30 p.m., through March 10, at Dole Cannery Square, 650 Iwilei Rd. For tickets, call 722-6941 or www.taghawaii.net.

13 / Wednesday

Jazz Performance — Join the U.S. Air Force Band of the Pacific’s Papana Jazz En-semble for an afternoon of classic and contemporary jazz, 3-5 p.m., March 13, at Windward Mall Center Court, with Master Sgt. Brian Horn-buckle on trumpet, Staff Sgt. Ben Kadow on trombone and Staff Sgt. Miles Hudlow on alto sax.

15 / Friday

Career & Education Fair — Marine Corps Community Services presents the annual MCBH Ca-reer and Education Fair, 9 a.m.-1 p.m., March 15, at Kahuna’s Enlisted Club, with more than 40 companies and government agencies from within the state and mainland, as well as 15 on-base colleges and universities, the Nation-al Test Center and the Defense Activ-ity for Non-Traditional Education Support (DANTES).

Due to the professional nature of this event, children will not be al-

lowed to attend.

Call the Family Member Employ-ment Assistance Program at 257-7787 or 257-7790, or the Education Center at 257-2158.

Merrie Monarch: A Golden

Era — With music by award-win-ning Hawaiian group The Brothers Cazimero, hula performances and tributes to both King Kalakaua and the Merrie Monarch Hula Festival, including a special sneak preview of a new work by kumu hula (hula teacher) Robert Cazimero; 7:30-9:30 p.m., March 15, at the Hawaii The-ater, 1130 Bethel St. Call 528-0506 or visit www.hawaiiitheatre.com.

16 / Saturday

Step Out Walk — The American Diabetes Association holds its annual Step Out Walk, to raise support, aware-ness and funds for di-abetes treatment and research in Hawaii, 8-10:30 a.m., March 16, around Kapiolani Park and the Honolulu Zoo. Registration is free and begins at 7 a.m. the day of the walk, or sign up online at

See CALENDAR, B-5



Additional religious services, children’s programs, education-al services and contact informa-tion can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon, at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

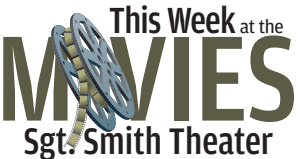
- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, WAAF and TAMC chapels
- Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
- Contemporary Service
 - 11 a.m. at Soldiers Chapel



Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.

Hansel & Gretel: Witch Hunters

- (R)
- Fri., March 8, 6 p.m.
- Sat., March 9, 6 p.m.
- Wed., March 13, 6 p.m.

Parental Guidance

- (PG)
- Sat., March 9, 2 p.m.

The Hobbit: An Unexpected Journey

- (PG-13)
- Sun., March 10, 2 p.m.

Bullet to the Head

- (R)
- Thurs., March 14, 6 p.m.

No shows on Monday or Tuesday.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Pro-gram
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Holy Week, Easter Services

The U.S. Army Hawaii community is invited to attend various Easter celebrations now through April 7. The U.S. Army Garrison-Hawaii Religious Support Office offers services in north and south Oahu areas.

March 8, 15 and 22
5:30 p.m., WAAF, Stations of the Cross *(Catholic)*
6 p.m., AMR, Stations of the Cross *(Catholic)*

March 23
5 p.m., MPC, Palm Sunday Mass *(Catholic)*

March 24
8:30 a.m., AMR, Palm Sunday Mass *(Catholic)*

March 28
7 p.m., AMR, Holy Thursday Mass *(Catholic)*
7 p.m., WAAF, Holy Thursday Mass *(Catholic)*
(Both are followed by Adoration, until 8:30 p.m.)

March 29
Noon, MPC Lanai, Good Friday Living Stations of the Cross *(Catholic)*
3 p.m., AMR, Good Friday Service *(Catholic)*
3 p.m., MPC, Good Friday Service *(Catholic)*
6 p.m., AMR, Good Friday Service *(Protestant & Gospel)*
6 p.m., MPC, Good Friday Service *(Gospel)*

March 29-31
AMR, Divine Mercy Novena *(Catholic)*

March 30
11:30 a.m., MPC Lanai, Holy Saturday Easter Blessing of Food *(Catholic)*
7 p.m., MPC, Easter Vigil Mass *(Catholic)*

March 31
6:30 a.m., MPC, Easter Sunrise Service *(Protestant)*
8:30 a.m., AMR, Easter Sunday Mass *(Catholic)*
10:30 a.m., MPC, Easter Sunday Mass *(Catholic)*

April 7
3 p.m., WAAF, Divine Mercy Devotion *(Catholic)*

For more information, call the Religious Support Office at 655-8731.

Legend
AMR: Aliamanu Military Reservation
MPC: Main Post Chapel, Schofield Barracks
WAAF: Wheeler Army Airfield Chapel



Native Hawaiian Liaison Office

Residents remember Prince Kūhiō

NATIVE HAWAIIAN LIAISON OFFICE
U.S. Army Garrison-Hawaii

HONOLULU — Few individuals in Hawaiʻi’s history have been as influential in the lives of contemporary Native Hawaiians as Prince Jonah Kūhiō Kalanianaʻole.

Born March 26, 1871, on the island of Kauaʻi, Prince Kūhiō was the great-grandson of Kaumualiʻi, the last reigning king of Kauaʻi.

When his father and mother died in 1880 and 1884, respectively, the young prince was adopted by reigning monarchs King David Kalākaua and his wife, Queen Victoria Kapiʻolani.

After King Kalākaua passed in 1891, his sister, Lydia Liliʻuokalani, ascended to the throne. Less than two years later, on Jan. 17, 1893, the queen would yield her authority to the United States.

Before she was deposed from the throne, Queen Liliʻuokalani had named Kūhiō her heir, and upon the queen’s death in 1917, Kūhiō became the last person who, upon birth and designation of a sitting monarch, could claim the throne of the Hawaiian monarchy.

Although by this time the Kingdom of Hawaiʻi no longer controlled the Islands, Kūhiō ’s commitment to the people of Hawaiʻi remained resolute.

He was highly educated, having attended exclusive schools on Oʻahu, including the Royal School and Punahou School. He also attended a private Episcopal military school for four years in California.

Kūhiō would ultimately finish business school in England and, upon returning to Hawaiʻi, delved into politics.

He joined the Republican Party in Hawaiʻi in 1901 and two years later won a seat in the U.S. Congress representing the Territory of Hawaiʻi, a position which he would retain until his death in 1922.

The prince committed his years of public service to the betterment of the Hawaiian people. He was instrumental in the restoration of the Royal Benevolent Societies and in the establishment of the Hawaiian Civic Clubs, institutions that continue to serve Native Hawaiians today.

In Washington D.C., Kūhiō introduced the first Hawaiʻi Statehood Act in 1919. He advocated for the passage of the Hawaiian

Homes Commission Act, which secured approximately 200,000 acres of land in Hawaiʻi for the homesteading of Native Hawaiians.

The law passed in 1921 and today continues to support housing and other benefits for Native Hawaiians.

Today, his legacy is celebrated and remembered across Hawaiʻi every March.

March Classes

The Native Hawaiian Liaison Office has announced its lineup of classes and workshops offered to Soldiers and families during the month of March. For times and locations, visit www.hawaiianliaison.com.



Prince Jonah Kūhiō Kalanianaʻole. (Photo courtesy Native Hawaiian Liaison Office)

Prince Kūhiō Day celebrations

The State of Hawaiʻi celebrates Prince Jonah Kūhiō Kalanianaʻole and his legacy with various festivals and events open to the public held throughout the month of March.

Celebrations on Oʻahu began with the Holokū Ball, March 2, the signature event of the Hawaiian Civic Club of Honolulu, the original civic club formed by Prince Kūhiō in 1918, where leaders in the Hawaiian community are honored for their service to the betterment of Native Hawaiians.

Other festivities include these:

- Kapolei Prince Kūhiō Hoʻolauleʻa** — Featuring local entertainment, food and vendors’ booths, Hawaiian craft demonstrations and makahiki games, as well as on-site health screenings for diabetes and blood pressure, 8 a.m.-3 p.m., March 9, at the Prince Kūhiō Community Center in Kapolei. Call 291-0842 or 861-1874.
- The 11th annual Prince Kūhiō Commemorative Parade** — A unique parade for malihini (visitors) and kamaʻaina (locals) alike, 10 a.m.-noon, March 23, from Saratoga/Kalākaua Avenue to Kapiʻolani Park in Waikiki .
- Prince Kūhiō Hoʻolauleʻa and Hoʻikeʻike** — Features Hawaiian arts and crafts, exhibits by various Native Hawaiian organizations and businesses,

and wonderful food, Hawaiian music and entertainment, 10 a.m.-5 p.m., March 23, at Kapiʻolani Park, the large park in Waikiki named for Kūhiō’s adopted mother, Queen Kapiʻolani.

- Prince Kūhiō Choral Concert** — A rare performance of Hawaiian a cappella, featuring groups such as Kawaiolaonapukanileo (Hawaiian Vocal Ensemble), Hawaiʻi Youth Opera Chorus, UH Manoa Hawaiian Chorus and the Kawaiahaʻo Church Choir, 7-8:30 p.m., March 23, at Kawaiahaʻo Church.

The day begins with the Ke Ahe Lau Makani Hawaiian Choral Music Festival, with choral singing in the church sanctuary, 2:30-4:30 p.m., as well as a picnic at 5:30 p.m., for a fee.

Contact Phil Hidalgo at kawaiola-mail@hawaii.rr.com.

- Aliʻi Sunday** — Sunday services in honor of Prince Kūhiō, 8:30-10 a.m., March 24, at Kawaiahaʻo Church. Email Whaole54@gmail.com.

The month of activities concludes March 26, the state holiday honoring the prince’s birthday, with a lei draping ceremony, 7:30 a.m., at the Prince Kūhiō Statue in Waikiki . Following is a free event at Maunaʻala, the Royal Mausoleum, remembering Kūhiō’s life and the impact he has had on the Native Hawaiian community.



Eating right, no matter your food preferences or tastes, means enjoying plenty of vegetables, fruits, whole grains, lean proteins and low-fat dairy products. (File photos)

Everyone can eat right, every day

Making proper food choices does not need to be difficult

TARA DOMBECK
U.S. Army Public Health Command

Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy, and that you must eat a boring regimen of meals every day. That can be discouraging, especially if you have certain cultural, ethnic and lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods; you can make small adjustments to your diet while still enjoying the foods you love.

March is National Nutrition Month, and the theme for the month is “Eat Right, Your Way, Every Day.” This theme encourages everyone to continue following their food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices. Good nutrition is also one of the Army surgeon general’s top priorities for building and sustaining good Soldier and family member health through the “Performance Triad.” Nutrition, along with a focus on healthy activity and sleep, is one of the three legs of the triad.



A healthy diet is all about balance.

Healthy Choices
Choosing to eat a healthy diet has many benefits, including enhancing fitness and performance. As well, consuming a healthy, well-balanced diet may reduce a per-

son’s risk of developing certain chronic diseases, including high blood pressure, type 2 diabetes and some types of cancer, as well as obesity.

Many Americans do not meet the recommended guidelines for a well-balanced diet, which includes each of the five major food groups: fruits, vegetables, grains, proteins and dairy products.

If you have decided to choose a more-healthy diet, here are a few simple tips you should follow every day, no matter what your food preferences are:

•**Add more fruits and vegetables to your diet each day.** Place fruits and vegetables in highly visible places on your kitchen counter, pack fruits and vegetables in a cooler to take with you when you are on the go, and choose steamed vegetables as side items when eating at your favorite restaurant (rather than choosing vegetables cooked in butter and oil or covered in sauces, which adds extra calories from fat).

•**Eat more whole grains.** Choose whole wheat breads and pastas and whole grain rice, rather than white varieties of these items.

•**Opt for lean protein sources.** If you enjoy meat as part of your diet, choose low-fat options, such as lean cuts of beef and chicken, and certain types of fish (such as salmon and trout). If you do not eat meat, you can get protein from beans, soy products, nuts and seeds.

Eggs are a good source of protein, but you should limit the amount of egg yolks you consume to no more than one a day, since they contain

cholesterol and saturated fat.

•**Choose low-fat and low-calorie dairy products.** Good sources include skim milk, rather than whole milk; also, limit the amount of cheese you consume.

•**Decrease your intake of salt and high-sodium foods.** Check labels for low-sodium items.

•**Don’t drink your calories.** Make better beverage choices by drinking plenty of water every day, and choosing calorie-free beverages, 100 percent fruit juices and fat-free milk.

•**Pay attention to portion sizes.** Many people eat more than the recommended serving size of foods, so choose smaller portions. Stop eating when you feel satisfied.

•**Always practice food safety.** Wash your hands before preparing and eating food, and keep raw meat and fish separate from fruits and vegetables when preparing meals.

Eating right does not mean that you must give up your food preferences. Eating right, your way, every day means taking small

steps that will make a big impact on your health, no matter what your lifestyle and cultural preferences are. (Editor’s note: Dombeck is a health promotion research assistant with USAPHC.)



Sleep combats jet lag

LAURA VASQUEZ
U.S. Army Public Health Command

Do you struggle to fall asleep at night, but find yourself falling asleep during briefings after a day of travel?

You are probably experiencing jet lag.

Jet lag is a common sleep disorder that occurs when you cross time zones, disrupting the body’s natural “biological clock” that tells you when to sleep and when to stay awake.

Jet lag is a significant concern for Soldiers, civilians and retirees who travel often for temporary duty assignments, deployments or permanent change of station moves.

It can take several days to several weeks to adjust for jet lag’s effects, leaving the traveler feeling

well and is as crucial to mission readiness as fuel, food and firepower.

Fortunately, there are some actions you can take to minimize the effects of jet lag and its impact on performing your duties. To follow are tips for travelers from the National Sleep Foundation:

- Choose flights that allow early evening arrival. Stay up until 10 p.m., local time.
- Prepare for time zone changes. Wake up and go to bed earlier several days prior to an eastward trip, or wake up and go to bed later for a westward trip.
- Limit daytime naps. If you must nap during the day, limit the nap to less than two hours in the early afternoon.
- Change your watch to the destination time zone upon boarding



Fight travel-related fatigue by choosing flights that arrive early in the evening and adjusting to time zone changes in advance. (File photo)

fatigued and prone to accidents related to insufficient sleep.

Sufficient, healthy sleep (six-eight hours a night) is one of the Army surgeon general’s top priorities for building and sustaining good Soldier and family member health through the “Performance Triad”; the other two legs of the triad are healthy activity and nutrition.

Negative effects
Lack of sleep impedes mission readiness. Incidents of friendly fire and navigational errors have occurred as a result of a lack of sleep.

Insufficient sleep also contributes to motor vehicle and machinery-related accidents or deaths in the military and the general population.

Sleepiness impairs the ability to think clearly, perform complex mental tasks, form memories and solve problems. Going 24 hours without sleep is comparable to being legally drunk in all 50 states.

Why we need sleep
Sleep is a restorative process necessary for muscle repair, memory consolidation, appetite control, hormonal growth and regulation, and is a part of a healthy immune system. Adequate quality and quantity of sleep allow you to wake up feeling refreshed and alert for the day. Sleep is a necessity to perform

- the plane.
- Bring earplugs and blindfolds to block out unwanted noise and sound while sleeping.
 - Avoid alcohol or caffeine three to four hours before bedtime. Both act as stimulants that interfere with sleep.
 - Avoid heavy meals upon arrival at destination.
 - Avoid vigorous exercise close to bedtime.
 - Get some sun. Daylight is a powerful stimulant for regulating the biological clock. Staying indoors worsens jet lag.
 - Talk to you doctor about sleep aids. There are several over-the-counter and prescription sleep aids that can be taken short-term to minimize jet lag’s effects.

The next time you’re on the move, take these tips with you to snag a better night’s sleep. (Editor’s note: Vasquez is a program evaluator with USAPHC.)

Online Resources
For more resources about jet lag or other sleep disorders, visit these websites:

- National Sleep Foundation, www.sleepfoundation.org/article/sleep-topics/jet-lag-and-sleep; and
- U.S. Centers for Disease Control and Prevention www.cdc.gov/sleep.

Online Resources
For more information about eating a healthy, balanced diet, visit the following websites:

- Academy of Dietetics and Nutrition, www.eatright.org; and
- Operation Live Well, www.defense.gov/home/features/2012/0812_live-well/.



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http://main.diabetes.org/site/TR?fr_id=8713&pg=entry. Or, join the “Ruckin For A Cure” team, open to all military and families, at <http://main.diabetes.org/goto/RuckinForACure>. Email Danielle Tuata at dtuata@diabetes.org for more information.

Easter Arrival — Hop over to Windward Mall for an early Easter celebration, complete with cookie decorating, Easter crafts and more, 10 a.m.-noon, March 16, at the mall Center Court.

19 / Tuesday
AFCEA Hawaii Luncheon — Armed Forces Communications and Electronics Association (AFCEA) hosts a buffet luncheon, with an overview of the Maui High Performance Computing Center (MHPCC), 11 a.m.-1

p.m., at the Hale Ikena Club, FS. Guest speaker is Peter Colvin, director of business development, MHPCC. Military and civilians are welcome to attend. Call 441-8524 or go to www.afceahawaii.org for reservations.

22 / Friday
Ford Island Bridge 10K — Registration is now open for the 16th annual Ford Island Bridge 10K, set for 7 a.m., April 6, beginning and ending at the Ford Island Bridge, at Joint Base Pearl Harbor-Hickam.

Fee is \$25 civilian; \$20 active duty military, family members, retirees and DOD employees, through March 22. Late fee is \$30, online only. Visit www.active.com or www.greatlifehawaii.com.

23 / Saturday
Easter “Eggstravaganza” — An event for the entire family, with activities, games and an Easter egg hunt, 9 a.m.-noon, March 23, at Koko Head District Park. All participants receive a goody bag.

30 / Saturday
Easter Festival — Enjoy free keiki rides, make-and-take crafts, photo ops with the Easter Bunny and more, 10 a.m.-1 p.m., March 30, at Wahiawa Shopping Center/Town Center. A free Easter egg hunt for children ages 3-9 begins at 11 a.m. Visit www.wahiawashoppingcenter.com or call 221-2774.

Ongoing
Tax Center — All Army, Reserve, Guard, family members and retirees are eligible for free tax service assistance. Tax centers are open at SB and FS. Call 655-1040 or visit www.facebook.com/hawaiiarmytaxcenters/info.

Free Study Programs — In alliance with the Department of Defense, eKnowledge is donating \$200 SAT and ACT training programs to military families worldwide. Students select the training they need. Call 951-256-4076.